

Healthy Schools Healthy Students



Wellness Opportunities for Next School Year!

Smarter Lunchroom High School Project

We are looking for high schools that are interested in making changes to their lunchroom through a collaborative process led by the University of Iowa, involving a team of high school students and food service staff. A series of in person meetings will begin this fall and will include an evaluation of changes.

Healthy School Workshops

We are partnering with the Academy of Nutrition and Dietetics Foundation to hold workshops led by registered dietitian nutritionists (RDNs) across the state. The two-hour workshops for elementary staff will include school wellness strategies and implementation resources. Sub-grants for sub-pay and school wellness activities will be available .

[Click here!](#)

Deadline to Apply: May 15th!

[Click here!](#)



**AN APPLE
A DAY...**



CHUCK BANKS

PRINCIPAL

FISHING • GOLF • SPENDING TIME WITH FRIENDS & FAMILY

Favorite Healthy Snack: CELERY & PEANUT BUTTER
Favorite Subject: ALLOF THEM!

Van Buren received a \$500 Team Nutrition sub-grant to develop posters featuring high school students and staff choosing to live a healthier lifestyle. The posters were inspired by Indianola's Community Youth Foundation's poster project and were launched during Van Buren's recent HealthierUS School Challenge Award ceremony! [Click here](#) for a video showcasing their school wellness initiatives. For more information contact Sara Sprouse at sara.sprouse@van-burencsd.org .



Summer Food Service Program in Iowa



Summer Food Service Program provides a healthy meals for all children, especially those who are at risk for hunger. Even if your school does not participate in the Summer Food Service Program, districts are required to provide information on summer feeding sites in the area. [Click here](#) for a list of participating schools and outreach materials. For more information, contact the Stephanie Dross at stephanie.dross@iowa.gov or 515-281-4760.

Farmer's Market Scavenger Hunt

The Iowa Farm to School program has partnered with 37 Farmers Markets around the state to offer kids a fun way to learn about and try local fruits and vegetables. Any k-8 student can take part in the scavenger hunt by visiting a participating market and completing the scavenger hunt form. After submitting the form to the onsite Farmer's Market manager, students will receive a free fruit, vegetable or honey sample and will be entered into a drawing for additional great prizes. The classroom with the most participation over the summer will receive a grow light! For more info [click here](#) or contact Tammy at tammy.stotts@iowaagriculture.gov. The student form is also attached.

List of Participating Markets: Beaverdale, Bettendorf, Bondurant, Boone Area, Cedar Valley @ Kimball Ridge, Central City Main Street, Charles City Downtown, Clear Lake, College Hill (Cedar Falls), Clarke County (Osceola), Davenport, Davis County/Bloomfield, Eldora, Fairfield, Grinnell, Independence, Iowa City, Iowa Falls, Keosauqua, Knoxville, Lakes Area (Spirit Lake), Lamoni, LSI Global Greens (Des Moines), Maquoketa, Marion, Mt. Pleasant, Muscatine Area, Pocahontas, Riceville, Rock the Block (Cedar Rapids), Shelby County (Harlan), Sheldon, Sioux City, Uptown Ankeny, Valley Junction (W DSM), and Wapello Co (Ottumwa), Welcome Center (Missouri Valley)

Bring SWITCH to Your School!

Are you interested in a USDA-supported program that will help enhance school wellness? If so, get ready to make the SWITCH in the upcoming school year. SWITCH is a scientifically tested obesity prevention program designed to help schools promote healthy lifestyles.

"Switch what you DO, VIEW, and CHEW."

DO: Switch UP to 60 minutes or more of daily physical activity.

VIEW: Switch DOWN to two hours or less of daily screen time.

CHEW: Switch UP to five or more daily servings of fruits and vegetables.

The web-based program engages parents in school wellness programming and also includes school based modules. A SWITCH Team at Iowa State University will provide training and support for implementation.

For more information about SWITCH, [click here](#) or email Dr. Gregory Welk at gwelk@iastate.edu.



The Governor's Youth in Action Award Winners!

Submissions were received from across the state! Winning student entries from the following schools were selected from each category:

Posters: Table Mound Elementary - Dubuque CSD, Kalona Elementary - Mid-Prairie CSD, and Kate Mitchell Elementary - Ames CSD

Essays: Stilwell Junior High - West Des Moines CSD, North Polk High School and Marshalltown High School

Videos: Franklin Elementary - Marshalltown CSD, Harlan Primary and Elementary Schools, Sibley-Ocheyedan, Meredith Middle - Des Moines, Waverly-Shellrock CSD and Kate Mitchell Elementary - Ames CSD

The school that was drawn for the wellness event with the Governor was Franklin Elementary in Marshalltown and will take place on May 19th.



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